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**WHAT IS CLAIMED IS:**

1. An assembly for retaining a boot on a sports apparatus, said assembly comprising:

a base provided to receive the sole of the boot, a disk provided to retain the base on the apparatus, the disk having at least two elongated holes, parallel to one another, which extend through the disk in its thickness, and at least two screws each extending through an elongated hole, and a plate that is parallel to the disk, the plate sliding along the length of the oblong holes, at least two holes extending through the plate in its thickness, each screw extending through a hole of the plate, retaining means retaining the screws on the plate.

2. A retaining assembly according to claim 1, wherein the plate is located on the lower portion of the disk.

3. A retaining assembly according to claim 1, wherein the plate is housed in a cavity of the disk.

4. A retaining assembly according to claim 3, wherein the plate is square, and wherein the contour of the cavity is parallelepipedic.

5. A retaining assembly according to claim 1, wherein the disk has four elongated holes, parallel to one another, aligned in pairs, across from one another in pairs, and wherein the plate has four holes spread to the four corners of a square.